HELLO CLIMBERS!
Congratulations to everyone who participated in the comp on Saturday!!!! Ur all incredible ❤️

Practices for the week of 11/13 (ONLY belay certified climbers):
Monday 8-10 pm: Projecting - work on routes that are difficult for you
Tuesday 4:30 - 6:30 pm: Technique Tuesday - idk what it is yet plz don't ask
Thursday 4:30 - 6:30 pm: 4x4s - climb a route 4 times, repeat for 3 other routes
Saturday 9:30-11:30 am: Projecting - work on routes that are difficult for you

Green - Low Intensity
Yellow - Medium Intensity
Orange - Medium/High Intensity
Red - High Intensity

All ability levels are welcome at all practices! The color coding is so that you have a general idea of what the vibe of the practice is going to be.
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**Info on belay classes and open hours:**

1. Attend a [learn-to-belay class](#)
2. Get belay tested + certified at any [Open Hours session](#).

Finally, if you are interested in participating in climbing team social events, please sign up for the [social listserv](#) (separate) on [this form](#).

You can also join our groupme at [this link](#)!

One last thing—after Tuesday/Thursday practices, we eat **team dinner** (aka, nutrition practice) in a dining hall, so be sure to save your dinner plans for that!

**This week's birthdays 😊:**

Jello Zhou (11/19)

PS: Add your birthdays here :)  
[Climbing Team Birthdays](#)